

Dada Bhagwan Parivar's

September 2018

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AKRAM Express

Being Cultured



Editorial

Dear friends,

You be familiar with the term '*khaandaani*'. It means being cultured or having good morals and ethical values which is a great virtue. People who are cultured gain immense respect from everyone. Where there is a cultured way of life there is happiness, peace, politeness, humbleness and much more.

Dadaji had very good morals and values right from childhood. He always used to say, 'I got high cultural and moral values from my mother'.

In this edition there are many beautiful examples of being cultured. And we will also see different incidents from Dada's life which portray how he upheld the highest morals. So let us read and enjoy this edition and also strive to cultivate good morals and values just like Dada.

-Dimple Mehta



Being Cultured

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Dadaji says...

Dadashri: When can a person be said to be cultured?
One who clashes with others in his home, or one who doesn't?

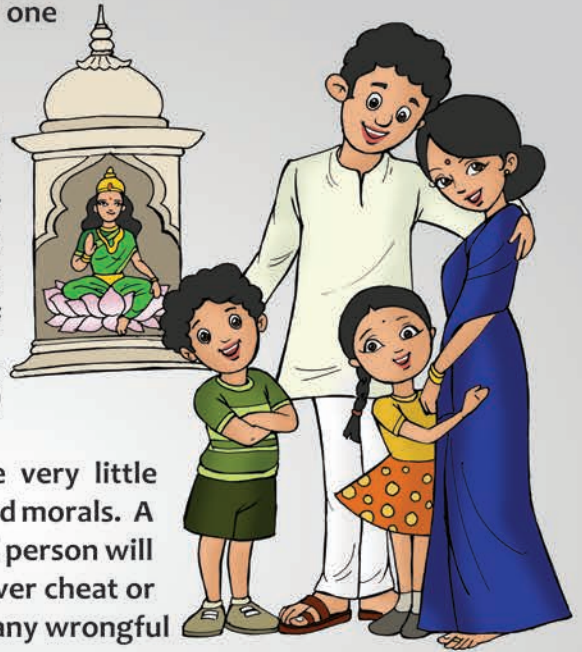
Questioner: One who doesn't clash!

Dadashri: That's when we can call ourselves cultured. One who doesn't quarrel at home and who doesn't hurt anyone; that is how we should be! A cultured person is tolerant and does not clash in any situation at home. God resides in such a home. Everything will be lost if there are conflicts in the home. Not only god, but even goddess Laxmiji (goddess of wealth) leaves a home where there are conflicts.

Even if you do not have wealth or have very little income, you should have good ethical values and morals. A cultured life has a special fragrance. A cultured person will never steal, and is not cunning. S/he would never cheat or frame anyone, nor would S/he get involved in any wrongful acts.

What is the meaning of cultured? It is when one forgoes a personal gain, no matter whether they are doing the giving or the taking. What does that mean? For example, you are shopping and you see that the seller is giving you less than what you have paid for. But you quietly purchase it without any questions or arguments. After all, he is earning for his livelihood! And if someone has come to purchase from you, you will give more; thinking that, 'let him benefit a bit more'. Hence, he sacrifices from both sides. He has the best intentions for the other person in both scenarios. That is the nature of a person who upholds high values and morals.

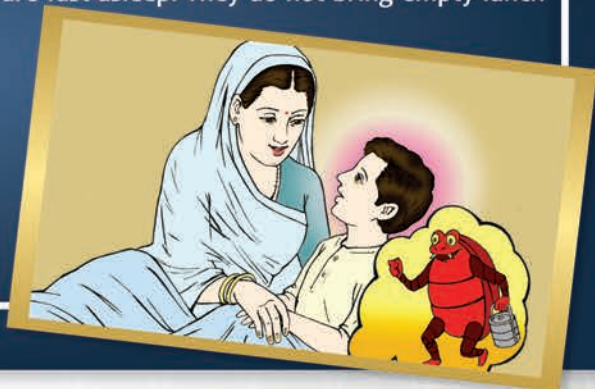
A cultured person does not do anything that is deemed socially unacceptable. And that is why being cultured is one of the highest qualities.



“

A long time ago, there was an invasion of bed bugs in my home. The pain of the bite on the neck was unbearable so I would pick the bugs and place them on my legs. If someone has come to our home, we musn't let them go away hungry! Isn't it better that they leave our home after having something to eat? That is how I became noble. I would let them bite me even if they were all over my body. I was able to hold them with my fingers and then I would place them on my legs. And if not, they feed themselves heartily anyway, when we are fast asleep! They do not bring empty lunch boxes with them. They would help themselves to just what they need for that day and go back home. After all they do not feast upon a large quantity to keep them going for 10-15 days! So how can we let them go hungry? So many of them would leave feeling content, having had a proper meal! That night I would feel very happy that I was able to feed so many at a go especially when I was not able to feed even two people satisfactorily.

”



Incidents from Dada's life

“

'We' have knowingly allowed ourselves to be cheated in many ways. These vendors would cheat me too; they would invite me in, 'welcome, welcome; come in' and then cheat me! I would go in and ask for enough material for one *dhoti* and one *khameez*. (*dhoti* is unstitched cloth enough to tie around the waist and extending to cover most of the legs. *Khameez* is a long shirt). I would never ask the price because these merchants are my acquaintances.

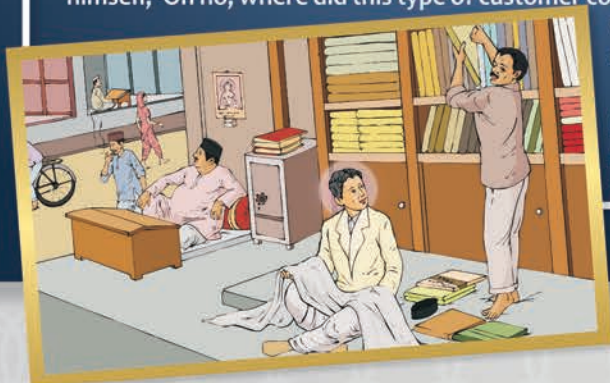
And later if I happen to come across another shopkeeper he would say, 'He has charged you more', and I would say, 'I have knowingly been cheated'. I know that if he doesn't over-charge me it will play on his mind. The merchant would think that if he is not going to be able to get more money from good customers then who else is he going to get more money from? If an ideal customer who has good morals and values doesn't pay me then how will a stiff-necked customer pay up without causing a fuss?

'We' never haggle or make a fuss. Once you step into anybody's shop then the shopkeeper should benefit from our visit. If it so happens that our entering into a shop makes the owner frown and think to himself, 'Oh no, where did this type of customer come from!' then what would he think after we leave? He

would think, 'Not only did he take the material but he also took 2 rupees from my profit'.

It is with this type of understanding that 'we' let people deceive us knowingly! This is a small example of how I used to allow myself to be cheated by vendors. But everyone deceives 'us', even the cobbler.

”





“ When I come back home around midnight and see a couple of dogs sleeping, I take off my shoes to walk past them in order to avoid startling them. Nobody should get alarmed or frightened by us, otherwise how can we call ourselves humans? Not even street dogs should be startled by us. If our shoes make a lot of noise while we are walking and a dog gets up with ears perked up then it means we have been careless. Even at the age of twenty two I was careful not to disturb the sleeping dogs in my neighborhood.

”

good Morals and Values



“

An inner intent to do ‘welding’ awakens in a person who is born into a family with high morals and values. I too had the same intent. ‘Welding’ in this sense means that when two people are arguing I would help them come to a compromise. If two brothers had been fighting constantly and had been experiencing a lot of friction, I would do welding and bring them together and also arrange tea and snacks for them. I would also pay for any additional expenses incurred while welding.

Now how long would my involvement as a ‘friend’ be worthwhile to them? For as long as they were fighting with each other! After the welding, the two become one again and I would lose my money. Nonetheless, I continued helping others in this way with my own money.

”



“

Is moaning about your pain and suffering, a sign of being cultured? Nonetheless, people go around disclosing to everyone about their woes. A noble person embraces his suffering because he feels that it's not a big deal. After all, will anyone be able to take away our suffering? Do these animals come and complain about their pain and suffering? If a car happens to run over a dog's leg, whom will it go to? Instead, it will just limp away slowly.

”



Absolutely New

“

Who else but a cultured person would knowingly get cheated? For example, you are well aware that a person is cheating you for his own benefit, but you let him do it anyway. You bear the loss just so that it ends up being profitable to the other person.

”





“ In a tense situation, if a person remains flexible, then it can be said that s/he has good morals and values. The more flexible a person becomes, the more cultured s/he will be. ”

And Different !

“ A cultured person never gets involved in a wrongful act. S/he will never do anything which would warrant people’s criticism. ”





“
If you carry out a
task and then say, ‘I did
it’, is not a sign of
being cultured.

”

“
A respectable family
and the highest form of
good intentions make a
person to be cultured.

”



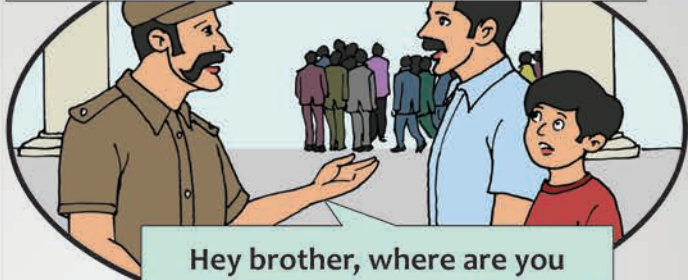
V.I.P Pass



Ronak was growing impatient to go for the opening of the Science City.

Dad, I am ready.

The entrance of the city was brightly lit. The guests with their families were entering the hall. As Ronak and his father entered...



Hey brother, where are you going? Where is your V.I.P pass?

Ronak became sad.

C'mon buddy, cheer up. We will come back tomorrow. Let's go and have your favorite ice-cream.



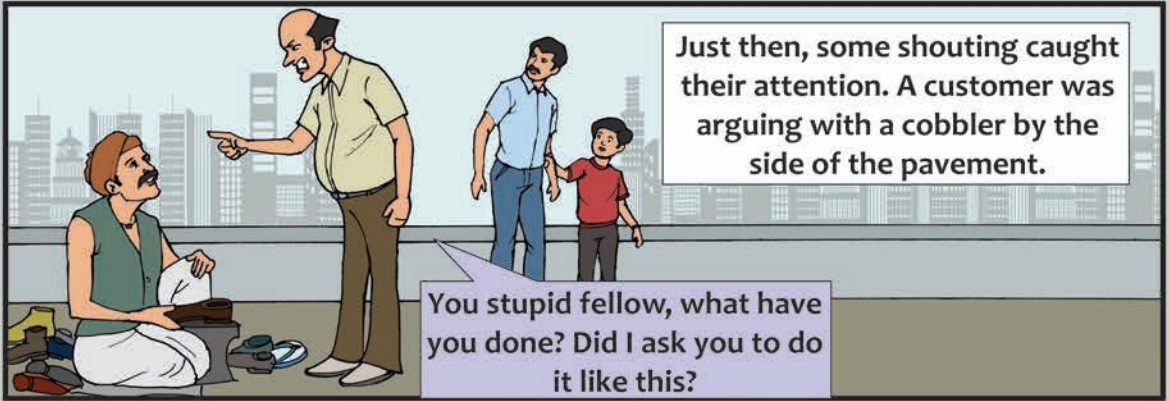
I do not have a pass...but...

But what? Today entrance is for invited guests only; the general public are not allowed to enter. Come back tomorrow.



Ronak's face lit up and they headed to the ice-cream parlor, chatting along the way.





Just then, some shouting caught their attention. A customer was arguing with a cobbler by the side of the pavement.

You stupid fellow, what have you done? Did I ask you to do it like this?

Ronak and his father stopped there for a while. The cobbler was calm and composed. He did not react to the customer and was quietly listening to him.

Then, when the customer calmed down a little...



Sir, it is my mistake: those are not your shoes. These are your shoes.



Without regretting his harsh words, the customer took his shoes and left. The cobbler simply got on with his job.

Ronak looked at his father who lovingly placed his hand on Ronak's head.

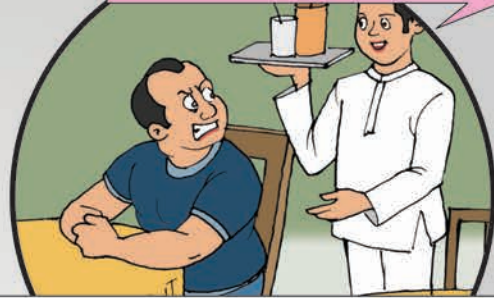
Oh look! We had been chatting away and did not even realize that we have reached the ice cream place. Tell me, what flavour would you like?



Ronak ordered his favorite strawberry ice cream. Ronak's attention goes to an adjacent table while waiting for his ice cream.



Sir, Can you please move your chair a little? I need to pass.



But the person was not willing to move his chair. He said some harsh words to the waiter and did not budge.

Ronak's father intentionally cleared his throat to grab Ronak's attention.

Son, today we came across two incidents. Please do not ever forget them. The cobbler was not at fault. And yet just to maintain the customer's satisfaction, he tolerated the harsh words to avoid conflict.



Even after the waiter's polite request, the man did not budge. A person with good values and morals will remain humble and tolerate accusations, just like the cobbler. There will be fights and friction where there is lack of good values and morals.



Ronak, always remember this: the person who does meaningful work is never disturbed by what other people say. Whereas, a person who does not work and thinks of himself as great, always acts arrogant to hide his inabilities.



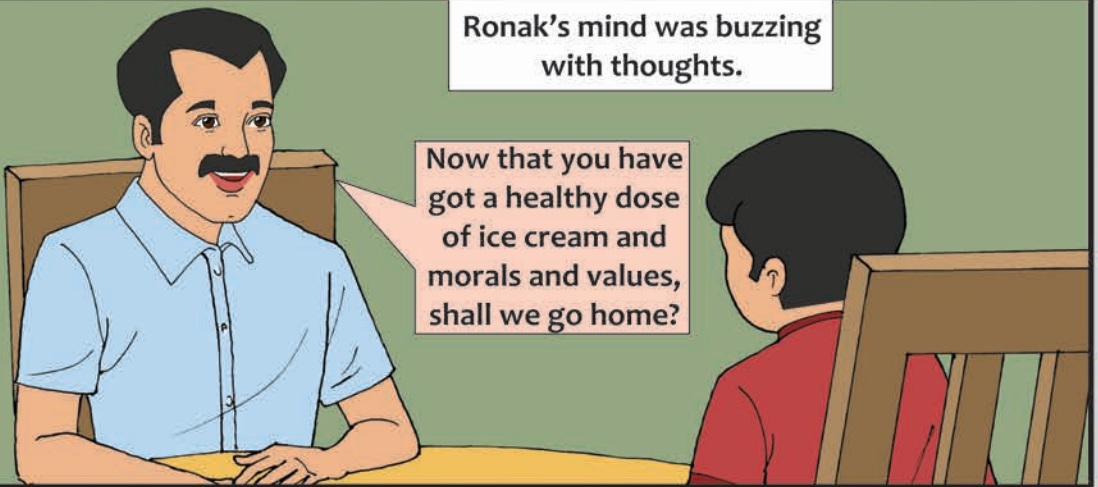
Ronak's dad paused for a moment.

And a person who truly possesses high values and morals will never boast by saying 'I did it'. Even in situations where he needs to be rigid he shows humility.



Ronak's mind was buzzing with thoughts.

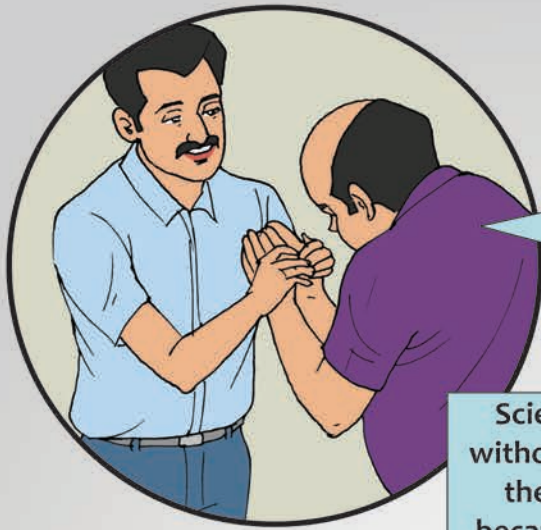
Now that you have got a healthy dose of ice cream and morals and values, shall we go home?



Later at home, Ronak was still thinking about what his father had said. Just then the doorbell rang...

Hey, Mr. Tripathi. To what do I owe the pleasure?





Mr. Tripathi had a very worried look and bowed down to Mr. Ajay (Ronak's father).

I am very sorry, Ajaybhai. I have just been informed by my staff that they forgot to send out the Science City VIP pass to you.

Science City would not have been possible without your help and effort. You were one of the chief guests for the inauguration and because of our mistake you could not attend.

Oh, Mr. Tripathi, you need not be sorry at all. It would not have been possible for me to attend today...



Father had such a huge contribution to the creation of the Science City and even then he did not say anything to the watchman. He also saved Mr. Tripathi from a lot of guilt and embarrassment by saying that he couldn't have made it to the inauguration.

Ronak looked at his father in disbelief.



Ronak now understood the real meaning of high morals and values that his father was telling him about.



What is More Valuable?

“How cool, Sudha. From where did you get these stamps?” asked Shruti.

The entire class gathered around Sudha to take a look at her new stamp collection.

“My uncle got it for me from London,” said Sudha with a proud voice. “He was telling me that stamp collecting is the latest craze in London these days.”

The school bell sounded and the children settled down in their seats.

“Good afternoon class,” greeted Miss Malti. “Today we will learn about Greece.”

She adjusted the projector and showed them a rare stamp from Greece on the screen.

Ever since the release of the film ‘The Stamp Collector’ there had been a craze of stamp collecting amongst children and the teachers also took advantage of this enthusiasm to impart education using stamps from all around the world.

After school everyone gathered around Sudha to take a look at her collection.

‘Huh... she’s always showing off. She’s got new stamps and is now trying to be popular, so let it be. I’m going home’. Shruti felt jealous of Sudha’s popularity.

On reaching home, Shruti took her frustration out on her little sister Utsavi, “Not again Utsavi, how many times do I have to tell you? DON’T spread your books out on the bed.”

“Oh! I am sorry didi (respectful way of addressing an older sister). Let me finish sorting this last stamp and I’ll take away my books,” said Utsavi in a soft tone.

Shruti looked at Utsavi’s stamp album. Her attention caught one particular stamp and she stared in surprise. She couldn’t believe her eyes. She picked up the album and closely examined that stamp.

“What?? This is actually The Flying Warrior stamp. This is too good to be true,” gasped Shruti.

Waves of thoughts rippled through her mind, ‘If I get this stamp then I would be more popular than Sudha... Everyone will be so impressed... and it will even overshadow Sudha’s latest stamp from London’.

“What’s wrong, didi?” asked Utsavi, stirring Shruti away from her thoughts.

“Oh! Nothing,” Shruti gathered her thoughts and then quickly made up a plan to get The Flying Warrior stamp from Utsavi.

“Utsavi, can we make a deal? I’ll give you 10 stamps from my collection if you give me the The Flying Warrior?”

“Why not, didi?” replied Utsavi happily.

Shruti exchanged The Flying Warrior with 10 stamps.

The next day, the interest in Shruti’s new stamp was much more than she had ever imagined. Not only her classmates but even the juniors and seniors from other class came to see the stamp.

When Shruti returned home that evening, she took no notice of Utsavi’s books that were spread out on the bed once again. She was lost in her own world. She was going over the day’s events with a feeling of deep pleasure. She stretched out onto the bed and started turning the pages of one of Utsavi’s notebooks.

Suddenly Shruti sat up with a start. She stared at the heading, 'THE FLYING WARRIOR: A UNIQUE STAMP' on one of the pages of Utsavi's essay book. Utsavi had researched and written an essay on The Flying Warrior stamp, which means she knew the importance of the stamp! 'Then why did she give it to me?' Shruti was puzzled. 'Moreover, Utsavi did not hesitate one bit to part with it and I thought I was the smart one to trick her into giving me the stamp!'

Shruti was lost amidst her thoughts when Utsavi entered the room. "Hey didi, what's wrong with you these days? You are day dreaming again, said Utsavi nudging her.

Shruti felt lost for words and then took out the The Flying Warrior stamp from her bag. "Utsavi, I don't want his stamp," she said, handing it back to her.

"Why, didi? What happened?" Utsavi asked in a worried tone.

"I don't want this stamp. Instead I want your ability of giving up something very valuable. I thought I was getting the better end of the deal by tricking you into giving this precious stamp to me. You knew all the time. You allowed yourself to be tricked without letting me know. How?" Shruti asked in awe.

"Didi, do you remember last year a group of tourists had come to stay in our community?" asked Utsavi.

"Yes, of course," said Shruti, "How can I forget them? Mother had helped them so much and they turned out to be crooks. Their story was all over the news. But what does that have to do with our situation?"

"A lot! Let me explain," said Utsavi. "When mother found out that they were con men, she had said, 'They turned out to be tricksters, but that is not going to stop me from helping people'...and the next sentence from mother completely touched me," said Utsavi. "She had said, 'Everyone gets tricked in ignorance, but those who get tricked knowingly for someone else's benefit, are truly cultured.'"

Shruti was carefully listening to Utsavi's words.

Utsavi then comforted Shruti and said, "Didi, I knew how valuable that stamp was. But, it was not more valuable than your happiness. There was no loss for me in your deal. A tiny loss was nothing compared to your immense happiness."

Shruti was touched by Utsavi's treasure of high values and understanding. Shruti was always under the impression that she was able to fool Utsavi easily, but today she got to know that she had all along been fooling herself.



Let's Play

RIDDLES AND CODES

Use the secret code below to answer the riddles



What Can run but can't walk ?

20 2 12 6 5

What goes up and down
without ever moving?

13 12 2 16 5 19 2 13 6

What belongs to you but
is used more by others?

8 3 7 5 9 2 15 6



What is broken
when it is spoken?

13 16 17 6 9 19 6

What can be drawn
without a pencil?

18 5 6 2 12 11



What can break without
being touched?

2 4 5 3 15 16 13 6

??
?
What is made that can't
be seen?

9 3 16 13 6

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
K	A	O	P	R	E	U	Y	N	F	H	T	S	D	M	I	L	B	C	W



Real Life Story

This incident dates back many years. A train had pulled into Norfolk station. A young Irish girl stepped down from the train but was unable to unload her luggage for her bag was heavier than her own weight. She looked around in search of help and saw a laborer nearby and rushed towards him. She asked him to help her take her luggage to Arundel Castle.

The young girl had come to Arundel to work as domestic help at the Castle. She only had one shilling (Britain's old currency) in her pocket. The laborer started negotiating a price. He was not willing to carry the bag to Arundel Castle for only a shilling. The negotiation went on for a while but he didn't budge. Tears rolled down the young girl's face. A man standing nearby observed the whole incident and walked towards the girl and said, "I will help you take your bag to Arundel Castle. Let's go."

The man took the bag, had a nice light-hearted conversation along the way and reached the Castle. The girl handed him a shilling. He thanked her and left.

The next day, the young girl went to the main part of the splendid Castle to meet her new employer.

She was totally awestruck when she saw her employer. It was the same person who had carried her bag to Arundel Castle the previous night! The man with simple clothes and a very modest appearance was in actual fact the owner of this magnificent Castle: the Duke of Norfolk himself.

That day the young girl realized that if your heart is big and you possess strong values then even the smallest job will not be beneath you.

So friends, we saw that the Duke had incredible values. Without revealing his true identity he posed as a laborer and helped the young girl out of her dilemma.



In the year 2002, Niruma had come to Adalaj. Whenever Niruma visited Dada Darshan, the 'bhaios' (celibate brothers) who stayed there would give her full updates.

Once, Niruma had come to Dada Darshan. A celibate brother approached her and said, "Niruma, at present I help in the printing press five days a week. During weekends I go to neighboring cities for 'satsangs' (spiritual discourses). After our *satsang* tour, every Monday morning you used to ask for a progress update like, 'did you have the opportunity to swallow any pride? Were there any loopholes? Was your vision disoriented? Did you talk endlessly?' etc. This was when you used to stay at Dada Darshan, but now you no longer stay here. The other thing is, when people touch my feet in reverence after weekend *satsang*, an intense desire to be worshipped arises within me. How should I keep a balance in that situation?"

Niruma immediately offered a solution, "What you should do is go for the *satsang* on one weekend and on the other weekend you stay at Dada Darshan and do your '*sadhana*' (spiritual

Sweet

Memories



discipline and learning). When you go for *satsang* you start on Saturday morning at 6:30 am and come back on Sunday night at 11:30pm. In the same way, at the weekend when you are at Dada Darshan you do your *sadhana* from 6:30am Saturday and stay until 11:30pm on Sunday night. Focus on your pride and your intense desire to be worshipped. Do not go to the press or do not get involved with any other work. If someone comes to Dada Darshan terrace and enquires why you are here at this time and why you didn't you go for the weekend *satsang*, then you should clearly say that Niruma has punished me to work on my pride and not to be deceitful.

This is how Niruma was! Her cautionary hints were so amazing that they would always, without fail, help people to get rid of their own inner 'diseases'.

U.S.A (Jacksonville-2018)

Cultural presentation by kids during Gurupurnima



Aex Sep-2018 (green color).indd

Puzzle Answer : 1) WATER 3) YOUR NAME 5) BREATH 7) NOISE
2) STAIREASE 4) SILENCE 6) A PROMISE



Congratulations!!!

International Venice Golf

won 3rd position

Name : Varushka Shah

Age : 9 years

LMHT Adalaj

3rd Rank



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